

1 1. A method of treating a sebaceous follicle disorder in a preselected region of
2 mammalian skin, the preselected region having at least one lesion characteristic of the
3 disorder disposed therein, the method comprising the steps of:
4 (a) cooling an exposed surface of the preselected region; and
5 (b) applying energy to the preselected region in an amount sufficient to ameliorate
6 the lesion.

1 3. The method of claim 1 wherein in step (b) the energy is provided by laser light.

1 5. The method of claim 4, wherein the wavelength is in the range from about 1.2 to
2 about 1.7 microns.

1 7. The method of claim 6, wherein the wavelength is about 1.5 microns.

1 9. The method of claim 7, wherein the fluence is in the range from about 10 to about
2 150 joules per square centimeter.

1 10. The method of claim 1, wherein the laser light comprises a power density in the
2 range from about 1 to about 10,000 watts per square centimeter.

- 1 11. The method of claim 1, wherein step (a) occurs prior to step (b).
- 1 12. The method of claim 1 or 11, wherein step (a) occurs contemporaneously with
2 step (b).
- 1 13. The method of claim 1, comprising the additional step of prior to step (b)
2 providing a radiation absorbing material to the preselected region.
- 1 14. The method of claim 1, wherein in step (b) the thermal change occurs in the
2 absence of an exogenously provided radiation absorbing material.
- 1 15. The method of claim 1, wherein the disorder is acne.
- 1 16. The method of claim 15, wherein the acne is acne vulgaris.
- 1 17. The method of claim 1 or 15, wherein applying energy in step (b) reduces the size
2 of a lesion disposed within the preselected region.
- 1 18. The method of claim 1 or 15, wherein applying energy in step (b) reduces the
2 density of lesions disposed within the preselected region.
- 1 19. The method of claim 1 or 15, wherein applying energy in step (b) reduces lesion-
2 associated skin inflammation in the preselected region.
- 1 20. A method of treating acne in a preselected region of mammalian skin, the
2 preselected region having at least one acne lesion disposed therein, the method
3 comprising the steps of:
4 (a) cooling an exposed surface of the preselected region; and
5 (b) exposing the preselected region to a beam of radiation comprising a
6 wavelength in the range from about 0.6 microns to about 1.8 microns to
7 ameliorate the lesion.

- 1 21. The method of claim 17, wherein in step (b) the wavelength is in the range from
2 about 1.2 to about 1.7 microns.
- 1 22. The method of claim 21, wherein the wavelength is in the range from about 1.3 to
2 about 1.6 microns.
- 1 23. The method of claim 22, wherein the wavelength is about 1.5 microns.
- 1 24. The method of claim 20, wherein in step (b) the beam of radiation has a fluence in
2 the range from about 5 to about 500 joules per square centimeter.
- 1 25. The method of claim 24, wherein the fluence is in the range from about 10 to
2 about 150 joules per square centimeter.
- 1 26. The method of claim 20, wherein in step (b) the beam of radiation has a power
2 density in the range from about 1 to about 10,000 watts per square centimeter.
- 1 27. The method of claim 26, wherein the power density is in the range from about 5 to
2 about 5,000 watts per square centimeter.
- 1 28. The method of claim 20, wherein step (a) occurs prior to step (b).
- 1 29. The method of claim 20 or 28, wherein step (a) occurs contemporaneously with
2 step (b).
- 1 30. The method of claim 20, comprising the additional step of prior to step (b)
2 providing a radiation absorbing material to the preselected region.
- 1 31. The method of claim 20, wherein the disorder is acne vulgaris.
- 1 32. The method of claim 20, wherein applying energy in step (b) reduces the size of a
2 lesion disposed within the preselected region.

1 33. The method of claim 20 or 32, wherein applying energy in step (b) reduces the
2 density of lesions disposed within the preselected region.

1 34. The method of claim 20, 32 or 33, wherein applying energy in step (b) reduces
2 lesion-associated skin-inflammation in the preselected region.

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